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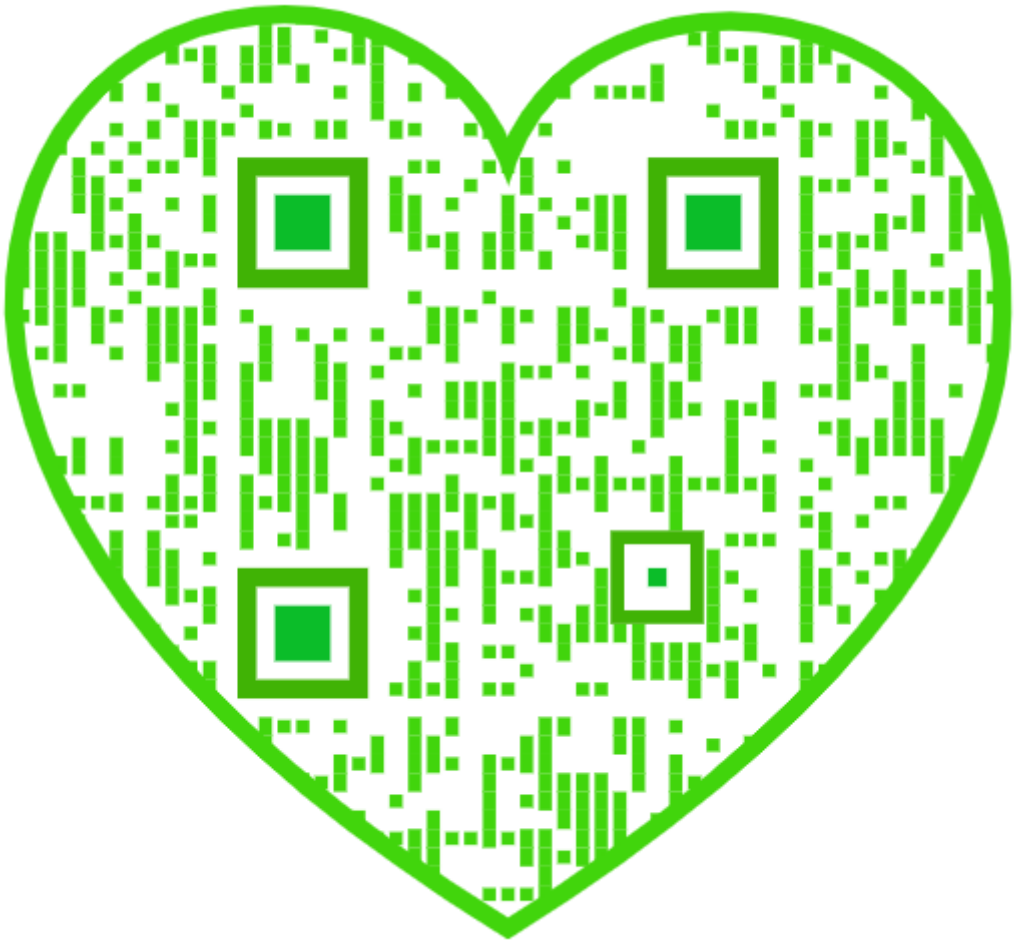

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Our Baby

How to Dress And Feed It.

BY ALMA A. CALLER.

26282 R1

BOSTON, 1886.

CHAS. A. MARSH, Printer, 11 Bromfield Street, Boston.

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The well known and most worthy DR. J. H. HANAFORD strongly endorses the products of the Health Food Co., and declares, — "I can safely say I shall be an advocate of the 'Health Food' through life. I cannot conceive of any food more perfect."

Rev. J. W. F. Barnes, chaplain of the Massachusetts State Prison, relates the case of an inmate of that institution, who had contracted that malady, Diabetes, which had for three or four years been developing in his system. So low was he that he prepared for death; the hospital physician said nothing more could be done for him save what might be accomplished through appropriate foods. Having the consent of the physician and the warden, Mr. Barnes obtained from the Health Food Company, some of their whole Wheat Gluten, and had it made into bread, and the patient was told to eat no other bread or substitute for it, this he did, and began at once to improve; after a few weeks he was able to work, and now he calls himself well. Mr. Barnes speaks of other instances, of the same disease, not one of which failed through the use of the Health Food Company's Gluten.

This preparation must not be confounded with the Glutens of foreign manufacture, nor with the substances sent out by numerous millers and bakers, under this name. The foreign Glutens contain a larger percentage of starch and are not whole wheat Glutens, but simply the residium after more or less careful washing of the common commercial flour. The so-called Glutens offered by numerous millers and bakers is simply ground bran and impure middlings, a sort of "fine feed."

P. Donahoe, Editor of *Donahoe's Magazine*, in the issue of Oct. 18, 1886, (see page 294,) says, "the Health Food Co., of New York, having a branch at 199 Tremont St., Boston, are the manufacturers of a number of articles for daily consumption which have received the very highest endorsement from medical men and professors of Hygiene throughout the country. We have used their Flour, Cereal Coffee, Extract of Gluten and Barley, with the greatest satisfaction; and besides recommending them to our friends and neighbors, can say to our many readers, if you are suffering from a debilitated system, or from the bane of life, Dyspepsia, give these foods a trial. After once using them, you will continue, and with the best results. Write for their descriptive circular and pamphlets, to MANAGER HEALTH FOOD COMPANY, 199 Tremont St., Boston."

OUR BABY;

What shall it Wear?

The following pages are intended to aid those who are desirous of preparing an infant's outfit which shall be tasteful and pretty, and at the same time inexpensive. Descriptions of elaborately made articles, such as may be found in bewildering variety in all of the large dry goods stores, have been purposely omitted. If this book shall prove an aid to any who, through inexperience, are ignorant of what to make or how to make it, its end will be accomplished.

Select as good material as you can afford, but let the little garments be simply made. Such garments as can be easily washed and ironed and *plenty of them*, are far preferable to garments that are so elaborately made, that a great amount of labor must be expended in getting them laundered.

A clean baby, in a white dress, fresh and spotless, is sweet enough, even though there be an absence of frills, flounces and furbelows. Absolute plainess is not desirable as we shall see presently. A good plan to guide you in making dresses, is to have them *all* best dresses, and *all* every-day dresses. That is, have them all made pretty enough to meet the needs of any baby for the first six months of its life, and yet not so elaborate that they are too nice for daily wear. Most mothers like to have one or two "best dresses," but those are almost invariably in the wash when they are most needed.

Among the first needs of the baby are flannel bands. Not to be pinned tightly around the body of the child, but to be worn simply to keep the bowels warm. I wish to emphasize this in spite of the "traditions of the elders" to the contrary. If the band is used at all let it be worn loosely. Flannel that contains a small per cent. of cotton is preferable to all-wool flannel for infants' wear, as it does not thicken by washing as the all-wool flannel does. Shaker flannel is the best for this purpose. The bands should be made eighteen inches long, and five or six inches wide. Turn the edge down once all around, and cross stitch with silk. Next take a piece of linen, old and soft, (the best portion of a worn pocket handkerchief is about the thing). Cut it the width of the band.

and about four inches long, fell it on to the wrong ride of the band, about two inches from the end. About four of these bands are needed.

In preparing shirts, you will be guided by the season in which the little stranger is to make its appearance. If in fall or winter, it is best to make hand-knit shirts of the best quality of Saxony yarn. The directions for knitting these will be found in the proper place. A narrow ribbon run through the neck and sleeves gives a dainty finish. For summer shirts use silk and wool flannel. It is one yard wide and costs one dollar per yard. Let the seams be opened and neatly cross stitched, that there may be no hard seams to fret the little body. Finish the neck and sleeves with a small scallop done in button-hole stitch, with wash-embroidery silk.

About four dozen diapers are needed. One piece of linen diaper will cut about ten, in lengths twice as long as the width. Get a good quality, as it is the cheapest in the end. That which retails at about two dollars a piece is recommended. Cotton flannel is fast coming into general favor for diapers, in preference to linen, it being a better absorbent. I like to use linen for the outside diaper, but many discard the linen altogether. When cotton flannel is used, it is made up with the nap outside, the hem being turned once and cross stitched, and the nap placed next to the infant's body. Those intended to be worn outside should be eighteen inches square, the smaller ones for the inside should be ten inches square.

Before I give directions for making the traditional "pinning blanket," let me tell a better way—do not make any. If your elderly female friends, including the nurse and the neighbors, persuade you that they are a necessity, proceed as follows. Use yard wide flannel, and make them one yard long. Make a narrow hem at the sides, and a wider one at the bottom. Gather into a band five inches wide, and sixteen or seventeen inches long. Insist on these being pinned loosely, unless they are, they are as mischievous as the tightly-pinned flannel bands. Three of these will be sufficient.

For the skirts, you can buy if you choose, flannel that is machine embroidered, but it is better to buy the flannel and make them at home, because the machine-embroidered flannel is not found except in all wool, which does not wash well, and neither is it very fine quality. Cut two breadths for each skirt, of flannel that is three-quarters of a yard wide. The skirts should be one yard long after the hem is turned. There are a variety of simple ways to finish the bottom. The easiest way is to turn up the hem, baste, and feather stitch with silk. If you wish to add to this, you will find near the end of the book, directions for knitting or crocheting a number of pretty patterns, which may be done with Saxony

yarn or knitting silk. Another way of finishing is to mark the edge with a pencil in scallops and button-hole stitch with silk, after which, cut away that part outside the edge. You can get the flannel stamped in any pretty pattern you may fancy, to be finished in outline, solid embroidery, or silk braid. A better way than the usual method is to gather them into a narrow belt, in which are five button holes. Button the skirts on to a waist. Use small safety pins if you prefer. If you use buttons, use *flat* bone buttons. From a physiological standpoint, these waists are preferable to the straight bands, as the skirts are suspended from the shoulders, when the former are used, thus avoiding all tightness about the little body. They are also a great convenience, as it is sometimes necessary to change the skirt, without changing the dress, and it can be done with very little trouble, if these waists are used.

The prettiest dresses are made of plain white cambric. You can make a variety of dresses from one pattern. Get a good slip pattern, and you can use this for all the dresses, and the night dresses also. Cut the pattern straight across from the lowest part of the arm hole, and you have the yoke for a Mother Hubbard dress. Take a width of cambric as long as the width of the yoke, and tuck it on your sewing machine. You can tuck it all over alike, or tuck it in clusters of three tucks each. Between each cluster, feather stitch with linen floss. After the piece is tucked, pin on your pattern, and cut the yoke. If you have tucked it in clusters, take care that you have one cluster come exactly in the middle of the front of the yoke. Hamburg insertion may be stitched between the tucks instead of feather stitching. Make some tucks around the edge of the sleeves to correspond with the yoke. Finish neck and sleeves with a narrow lace edge. The skirts should measure about forty-four inches around, and should be thirty-two inches long when finished. Make a hem three or four inches wide, and finish in tucks to match yoke. Make a plait that is to come under the arm. Let it be about two inches at the top, graduated to a point, making a seam ten or twelve inches long. Hollow it out a little under the arm hole, and gather it on to the yoke. The same slip pattern can be used to cut other dresses, which may be finished with Hamburg edge, Torchon lace, Ric-Rac, or home-knit lace. Six dresses will be ample.

Night dresses may be made of cotton cloth for summer, and cotton flannel for winter. Cut these from the slip pattern, and trim with a simple edge on neck and sleeves.

One dozen bibs will not be too many. Serviceable ones are made of fleece-lined piqué. These may be trimmed with Hamburg or lace edge, or simply bound with a bias piece like the dresses. For the sake of variety you may like to have some of the bibs quilted. For these, use

for the outside, cambric or fine cotton, line with cotton and place sheet wadding between. Baste firmly, and stitch together in diamonds, or any design you fancy. Edge with lace or Hamburg, or if you are an adept at fine needle work, edge with a fine button-hole stitched scallop, with a large French knot just inside the scallop. A small Kate Greenaway figure looks very pretty placed in the center, neatly etched with pen or needle. One bib of white rubber, will prove itself to be of great convenience.

For the shawls, take fine soft flannel or merino, one yard square. You may turn a hem and feather stitch with silk, and edge with any knit or crochetted edge, or if you wish for something a little more elaborate, get a deep scalloped edge stamped, and a spray of flowers in two corners and embroider. Remember in turning your hem, and in ordering your stamping, that what is the right side for one-half of the shawl is the wrong side for the other half. A pretty summer wrap may be made for baby, by turning one corner back, form the neck by taking one small box plait, and form a hood with the corner. Finish the hood with a bow of pretty ribbon, and tie with ribbon strings. I like the cunning little crochetted sacques better than these shawls for babies to wear when they get old enough to throw their arms about. For the sacque fits close to the little body, and can not be thrown off. Directions for making these, will be found in the proper place. Directions for making socks will be found in the same place.

For summer cloaks, Turkish towelling is neat, serviceable and inexpensive, it comes in all colors, though white is preferable, as it may be washed frequently and still look like new. White torchon lace makes a pretty trimming and is also serviceable. There are other pretty materials, cashmere, opera flannel, and others that come under the general name of baby cloaking. If you are not near any store where an assortment may be had to choose from, any of the leading dry good stores in the cities will furnish you with samples of that, or any other class of goods you may specify on application, and will fill an order promptly and in most cases satisfactorily.

The "Mother Hubbard" is a popular style, though sacques are worn with capes, also double capes. By buying a pattern and the material, you can make this at home, and of good material, much cheaper than you could buy a ready-made cloak of inferior quality.

Very pretty bonnets for winter wear, are made of cashmere or quilted silk or satin, and trimmed with swan's down. The quilted silk or satin may be brought by the yard in any shade you may prefer. A knitted or crocheted hood is pretty finished with a ruche around the face, with loops of very narrow ribbon placed between the plaits. This is also a

pretty finish for the mull or lace bonnets that are worn in summer. These may be purchased ready made for from one dollar and a half, to as high as you please to go. If you have more time than money, and an average share of skill, you can produce something that is homemade that will be quite satisfactory. Fine darned net over pink or blue makes a very pretty little bonnet.

Fine mull with shirrs or tucks or clusters, or lace insertion will more nearly resemble those found in the stores. Cut a circular piece three inches in diameter for the crown. Cut a straight piece long enough to gather quite full around the edge of the circular piece, and wide enough to come around the face after it is tucked, etc. After this piece is gathgathered around the circular piece, cut it away where the ends join, to form the neck. Take another straight piece and finish it to match the top, gather and sew on to form a cape. For very young babies, it is better to omit this part, and finish by allowing the ribbon strings to pass across the back in one continuous piece, or if you use muslin strings, allow the ruche to go across the back. Line with pink, blue or white as you prefer.

A good pattern for first drawers can be cut by following these directions. Cut a paper fourteen inches wide by nine inches long. Cut off a triangular piece from the two lower corners, so that the lower edge remaining shall measure seven inches, and the vertical sides seven inches. This is your pattern. Let a folded edge of the cloth come at the lower edge of the pattern. When cut the drawers all are in one piece. Gather the upper edges into two bands, and make three button holes in each band. Face around the bottom and trim with Hamburg, lace, or a simple cambric ruffle.

For the "Baby basket" procure a light, strong basket, oval in shape. Cover inside and outside with pink or blue silesia. Cover this with muslin, dotted or plain. Allow a lace edged frill to fall outside, low enough to conceal the basket. Finish the top edge with plaited satin ribbon. Place around the inside some little pockets made of the muslin, and one of oil silk, in which to place the sponge. The basket should contain a full set of clothing, a soft sponge, soap, brush and comb, large and small safety pins, two boxes of powder, one containing brown Fuller's earth, the other white powder, and a puff, a pin cushion, a roll of old soft linen, twine and scissors.

A very useful article to place in your lap while holding the baby, is made by placing a layer of batting, between two pieces of cotton or cheese cloth. Finish like a bed quilt, or you may edge with some cheap lace or edging. Make a button-hole in each corner, cut a piece of white gossamer of the same size, and after sewing a button in each corner, on the

rubber side button the two parts together, and you have an effectual shield for your dress.

Now you must have a place to put all these dainty little garments, as one by one they are prepared. Get two colors of silesia (pale pink and pale blue). Cut one just the size of the drawer you are intending to vacate for the new comer. Cut the other piece two or three inches larger each way. Cut a layer of cotton batting a trifle smaller than the smallest piece of silesia. Pink the edges of both pieces of silesia, and after sprinkling the batting with heliotrope powder place it between the pieces of silesia, and quilt. Place this in the bottom of baby's drawer. It will serve as a lining to the drawer, and impart fragrance to its contents.

A novel and convenient substitute for a crib for the baby during the first six months of its life may be made by taking a long clothes basket, make it as dainty as you please with muslin, lace and ribbon. A large pillow and a small pillow placed in this forms the bed. This may be suspended from the ceiling over the foot of the mother's bed, or placed in any convenient spot in the house. You will find this convenient because it can be so easily moved from one place to another. After baby is able to sit alone, it will be useful to put on the floor for him to sit in, thus preventing him from taking cold or from creeping into mischief. Such a basket may be used as cradle and crib, and later as steam cars, horse cars, wheel-barrow and go-cart, and after passing through these successive stages still do duty in the laundry.

Take three yards of mosquito netting, or canopy lace, (less may do,) tie it around the middle with a ribbon, and hang by a loop of the ribbon to a hook in the wall, near where the crib is to stand. Allow this to fall over the crib, when his babyship is taking a nap thus shielding from intrusive flies or mosquitoes.

A square yard of white gossamer is a convenient, and almost indispensable part of the baby's bedding. A pretty crib blanket is made by binding soft thick flannel with ribbon, or by button-hole stitching the edge with worsted. Near the top of the blanket, embroider the couplet :—

"Sleep little eyes and shut in the blue,
Sleep little baby, God loves you."

Another covering may be made of cotton batting covered with cheese cloth. Button-hole stitch the edge, and tie with worsted of the same color as the edge. If you have a worn blanket use that instead of the batting, as it will make the covering warmer and lighter.

A serviceable and simple summer carriage robe is made of Turkish toweling edged with several rows of crochet done with crochet cotton. Run the meshes with narrow ribbon, and place a large bow of ribbon

near one corner. More elaborate robes are made of alternate rows of wide ribbon and antique lace insertion, and edged with antique lace. Line with silesia the color of the ribbon. Canvas robes are fringed at the edge, and the threads drawn an inch or more from the fringe. Draw the threads for a space equal in width to the plain space within the fringed edge. Run with ribbon a little wider than the space, or run with several rows of narrow ribbon, so as to form blocks in the border. Rules for knitting or crocheting afghans for winter use will be found in the proper place.

If you use a canopy top carriage, take a piece of satin, or any material that your taste or means may suggest. Make the width equal the length of the canopy and long enough to reach from the top to the body of the carriage on one side. Line with silk or silesia. Put some loops on the top, and fasten to either side of the canopy, thus forming a *side* protection from sun and wind.

In the foregoing pages, I have endeavored to show how an infant's outfit may be prepared with the least expense if you do not value your time. If your time is worth anything to you, you can buy any, or all of these articles ready made cheaper than you can make them yourself. Send to Messers Best & Co., 60 and 62 West 23d Street, New York, for their illustrated catalogue of ready-made clothing for boys, girls and babies. Their prices and the quality and make of their goods are recommended as satisfactory.

DIRECTIONS FOR KNITTING OR CROCHETING INFANT'S SHIRTS, SACQUES, SOCKS, Etc.

(*From the "Household" by permission.*)

INFANT'S SHIRTS.

I.

High neck and long sleeves. Use small bone needles, and three-thread Saxony yarn. Two ounces required for each shirt.

BORDER.—Cast on seventy-eight stitches. 1st row. Knit across plain. 2d row. Seam across. 3d row. Knit across plain. 4th row. Knit first stitch, put yarn over, knit three, narrow twice, knit three, put yarn over, knit one, yarn over, knit three, narrow twice, etc., repeating pattern to end of needle, which must exactly correspond to first end. 5th row. Seam. 6th row. Same as fourth row. 7th row. Seam. 8th row. Same as fourth row. 9th row. Knit. 10th row. Seam. 11th row. Knit. 12th row. Same as fourth row. 13th row. Same as fifth row. 14th row. Like fourth row. 15th row. Like fifth row. 16th row. Like fourth row. And so on, repeating until there are four finished pattern rows, that is, four times three rows of eyelets with the ribbing between, and five ribbed rows. In going across last row of border narrow six stitches, leaving seventy-two. Knit forty-six times across, knitting and seaming two alternately. Now to shape shoulder, narrow one at each end of needle every time across, until there are forty-four on needle, and bind off. This forms the back.

For front, after knitting border as for back, knit and seam thirty-six times across. Take off one-half the stitches on another needle, and knit ten times across; now narrow on outside end of needle every time across, until there are twenty-eight stitches on needle. On inner end of needle, (or middle of front,) bind off three stitches, every other time across.

II.

Materials, one ounce of single white zephyr, and two common sized needles. Cast ninety-three stitches on one needle. 1. Knit two stitches plain, narrow one, knit two, put thread over the needle, knit one stitch, repeat, then two plain, narrow two, knit two plain, put thread over for two stitches, and so on to the end of the needle, where there will be only one stitch to narrow instead of two. 2. Knit plain. 3. Seam across same as on heel of stocking, which completes one row of shells. It requires twenty rows of the same after which seam two and two across till it will measure from shells one-half finger length. To finish at neck, knit across plain, and make one row of holes by putting thread over every stitch and narrowing, bind off. This completes one-half of the body. Knit a duplicate, and sew the sides together, to within two inches of the

top. For sleeves cast on seventy-three stitches, and proceed the same as on the body for eight rows of shells, then seam two and two one inch, and finish the same as before. Sew sleeves together and sew them into the body.

For neck finish, crochet plain edge, run ribbon in the row of holes, and draw up.

III.

Cast on seventy-four stitches for one-half of body. Knit across plain. Take off the first stitch, knit the next, put up the thread and knit three, * narrow, knit one, then slip the narrowed stitch over this, knit three, put up the thread, knit one, put up the thread, and knit three, repeat from * until all are knit off. Knit back plain. Knit twelve times across for the border, then knit two and seam two, until you have the length of body desired, about eight inches, then at the end where the thread is, knit twelve stitches six times across for the shoulder. Use a third needle if more convenient. Bind off, then bind off the stitches on the body part excepting the last twelve stitches for the other shoulder, knit these six times across, and bind off.

For the sleeve, cast on thirty stitches, make as directed for border of body one inch deep, then knit two and seam two to make the desired length. When completed sew them up, as also the body, over and over, using the same yarn they were knit of. Sew them to the body. Crochet or knit a narrow edge for the neck, and run a narrow ribbon through. They should be knit of split worsted or Saxony yarn.

IV.

Materials, one ounce of single zephyr or fine Saxony, and two coarse steel needles. Cast on ninety stitches. Knit three seam and three plain alternately for each row, until seven inches long. Knit twenty stitches at one end of the needle, till one and one-half inches long, for the shoulder. Bind off all but twenty stitches, and knit the other shoulder similarly. This is half the sihrt. Duplicate. Sew the halves at the shoulder. Take up thirty-eight stitches each side of the shoulder seam. Knit three seam and three plain alternately for each row, narrowing at each end of the needle to sixty-two stitches. Continue at that width till the sleeve is one and one-half inches long. Sew up the sides and sleeves. Trim to taste.

V.

Knitting materials: Saxony yarn, three thread, for medium sized steel needles. Cast on one hundred and twenty stitches. Knit one row plain. 1st row. Knit three, purl eight; repeat. 2d row. Purl three, knit eight; repeat. 3d row. Like the first row. 4th row. Like the second row. 5th row. Like the first row. 6th row. Like the second row.

Repeat from the first row, decreasing one stitch, after the thirty-fifth, and before the eighty-fifth, stitch of every sixth row after the twelfth row.

After the forty-eighth row, divide the stitches into three parts. There should be twenty-seven on the first needle, fifty-four on the second, and twenty-seven on the last. Knit each needle separately. In the first and last needles, which form the front, knit twenty-seven rows, cast off twelve stitches on the inner side, to form the hollow of the neck, knit six rows in the stitches that remain, and cast off. The other side is knit in the same way. For the back knit thirty-three rows and cast off.

Sew up the shoulders with wool, and finish the neck with a crotcheted band, as follows:

1st row. One double into each stitch. 2d row. One treble separated by one chain into each alternate stitch.

For the sleeve, cast on thirty stitches, knit twelve rows. To form the sleeves, increase one stitch at the beginning of every other row, until there are forty-five stitches on the needle, then cast off, join the sleeve together, and join to the jacket.

A crocheted edge is worked around the jacket and sleeves.

1st row. One treble, five chain, one double into the second, pass over one stitch of the edge of the jacket, one treble into the next; repeat.

A ribbon is threaded through the edging of the throat and sleeves.

INFANT'S CROCHETED SACQUE.

Two ounces of white and half an ounce of blue split zephyr, and a fine ivory crochet needle. With the white doubled make a chain of eighty-five, then with the worsted single make two double crochet in every other stitch of the chain, until there are seven groups, with two double crochet in each group. Skip one chain, three double crochet in next chain, seven groups of two double crochet, widen by making three double crochet, five groups of two double crochet, widen same as before. This is the center of back. Finish the row in the same way. Crochet eight rows, widening every other row. On the ninth row make fourteen groups of two double crochet, skip fourteen groups, make two double in the fifteenth of the eighth row, this forms the arm size. Make fourteen groups of two double crochet and widen, this is the center of the back. Then crochet seven rows only widening in the back every other row.

For sleeves commence under the arm, put two double crochet in every group around the arm size, and under the arm put in some extra ones, having in all twenty groups of the two double crochet. Make nine rows plain for the length of sleeve. Then with blue make a slip stitch in every other chain to draw it in at the wrist. With the blue make four chain and four double crochet in the same place, then skip three of the

group of two on the sleeve, and fasten with a slip stitch. Repeat this all around the sleeve. Fasten on the white, make four double crochet over the four chain of blue, four chain of white catch in the same place with the four double crochet with a slip stitch repeat this all around, then another row of blue like the first.

Crochet all around the sacque in the same way, having first a row of blue, then a row of white, then blue, and then across the bottom another row of blue. This will be three rows on the fronts and four rows on the bottom.

For the collar, work with blue two double crochet between every two around the neck, then a row of white like the border, and a row of blue, with white make a double crochet between every group of two of the blue. Crochet a chain of the blue and white together, for cord, run it in the last row and finish with tassels.

Crochet all of it very loosely. They are very pretty with colored center and white borders. You can make them with straight fronts, or slanting. For the slanting ones widen on each end of each row. This is for a slanting front.

SOCKS.

1.

Crochet a chain two inches long. Go round and round this chain in the simplest crochet stitch, drawing through a thread and drawing the yarn through the two stitches. When you have a little oval big enough for the sole of the sock, go back and forth across one end, perhaps five times, till you judge you have reached the instep, then round and round till you see your sock is finished. I think there can be no definite number of stitches given, as some people work so much tighter than others.

2.

Materials, one lap each white and colored zephyr. With white make a chain of thirteen, turn, miss one, work twelve double crochet, one chain. This one chain is made in order to turn the work nicely.

2. Take up the back loop and work plain double crochet throughout. Repeat until there are twenty-eight rows, or fourteen ribs on each side.

29. Work down the twelve stitches, seven chain, turn, miss one, work back, take up same loop on the chain that is taken up on leg part.

31. Work eighteen, four chain, turn, work back twenty-one stitches.

33. Work twenty-one stitches, three chain, turn, work twenty-three stitches.

35. Work twenty-three, turn, work back.

37. Work twenty-one stitches, leaving two, turn, work back.

39. Work down eighteen stitches, turn, work back.

In making the fortieth row the wrong side will be toward the hand.

Join the sides. This forms the leg and instep. At the point of joining begin with the color, work around the instep and leg one row double crochet, taking up six stitches down first side of instep, two next notch, three second notch, two across the end, two on third notch, and three on the toe. Work the other side of instep to correspond, having sixty-one stitches all round.

2. Plain, but worked in single crochet, that is by putting hook through back loop and drawing through both loops at once.

3. Same, but increase five times by taking up a stitch on back of work, one in middle of toe, one each side a little from toe, and two in heel little apart, about four stitches. Work five rows plain.

9. Decrease five times same places where you increase, by putting hook through second loop, then the first, and draw wool through all three loops on hook.

10 and 11. Same as ninth row, except in 11th row work till within four stitches of the middle of the toe. Turn sock wrong side, join the edges, taking up four stitches at the toe, also of heel, and work them as one.

For top of leg join white and make seven groups of trebles, four trebles to a group.

2. Make another group of four trebles in the center of first row.

3. Join on the color, four trebles in center of white group, fasten with double crochet to the loop between first and second groups in second row, three chain, fasten to loop between two groups of trebles in first row, three chain, fasten to top of sock, three chain, fasten to same loop in first row, three chain, fasten to same loop in second row, then repeat till finished.

Run ribbon through the ribs at ankle and tie in front. This sock is very pretty worked in treble crochet, that is the leg and instep but instead of twenty-eight rows only fourteen of the treble crochet are required.

III.

Cast on fifty-three stitches. Knit four times across and back.

9. Knit first stitch, then knit all the rest by putting the yarn over the needle and knitting two together.

10. Knit plain.

11, 13, 15, 17 and 19. Same as ninth row.

12, 14, 16, 18, 20. Same as tenth row. Then knit four times across and back plain.

9. Same as the other ninth row. Then knit four times across and back plain. Now divide on three needles, having eighteen stitches on each outside needle, and seventeen on the center one.

Knit on the center needle only, twenty-three times across and back, and the forty-third and forty-fifth times narrow once on each end of the needle. Now with the outside needles pick up stitches along the strip just knit, making forty-two on each outside needle, knitting once across all three needles and back. Now narrow each alternate time across, the last two stitches on first needle, in the middle of the second needle, and the first two stitches on the third needle, knitting back plain. When there are but seven stitches on the center needle, narrow both outside needles on both ends, each alternate time, until the center needle has but two stitches on it. Put one of these two stitches on each outside needle, then knit the two together after the manner of binding a stocking heel. Sew up the back of the shoe. Run cord or ribbon in the lower row of holes.

IV.

This sock is in three parts, and when finished looks like a fancy stocking with a slipper on, heel and all complete, and is very pretty. Material, white and colored zephyr, and coarse steel needles. Cast on sixty-six stitches with colored zephyr.

1st and 3d rows. Purl. 2d and 4th rows. Plain. Now use the white.

5th, 7th and 9th rows. Knit one, throw the thread over, knit one, slip one on the needle without knitting, narrow two into one, bind the slipped stitch over it, knit one, throw the thread over; repeat this until the end of the needle.

6th, 8th, and 10th rows. Purl. Now with colored knit as first four rows. Now use white, and knit as between the colored rows until thirteen rows of holes are made. Now reserve fifteen stitches in the middle of the needle for instep, which knit as the ankle. The stitches on each side of the fifteen purl, including the first of the fifteen. Then knit the pattern across the instep, purling the last stitch of the fifteen, (without narrowing,) with the remaining stitches. Purl back the length of the needle. Next knit three, throw the thread over, narrow, repeat to the first of the fifteen of the instep, then widen one without making a hole. Knit the pattern across the instep as before, not narrowing the last of the fifteen. Knit on that side of the instep as on the other. Purl back, then bind off to the first stitch of the instep. Widen one stitch on the instep and bind off the other side of the heel, and continue the instep until thirteen holes are made, then bind off.

THE SLIPPER. Cast on forty stitches. Knit two, purl two, reversing the pattern after each two rows so as to form little blocks, widen one at the toe end of the needle, until nine blocks or eighteen rows are knit, then bind off forty stitches on the heel end, and continue the pattern with the remaining stitches until fourteen blocks are made. Now cast

on forty additional stitches for the other side. Knit nine blocks, narrowing at the toe end, then bind off. Take up the stitches around the top of the slipper and purl one row, then bind off.

For the sole cast on eight stitches, and knit garter style until twelve ridges are on the right side, widening one stitch at the latter end of each needle until the heel is eighteen stitches wide. Now knit two plain and narrow, which repeat across the needle. Next row narrow the center stitch. After the heel the knitting must be plain on the right side. When twenty-two ridges can be counted on the wrong side, widen one stitch in the middle of the needle. Then knit three rows, and in the fourth widen on each side of the middle. Knit three more rows and widen two in the middle, leaving three stitches between. Knit twenty-two times across, and narrow at each end of the last row. Knit three times across and bind off. Sew all the parts together.

V.

These little boots are very pretty knit of blue or pink and white zephyr. They are commenced in the middle of the sole, and a tiny slipper is knit basket work with the colored wool. The instep and upper part of the boot is then knit shell work with white wool. The following directions are correct, and I hope no one will have any difficulty in following them: Cast on thirty stitches.

1. *Knit three, seam three, repeat from * across the needle, widen one at the end of the needle.

2. Seam one, *knit three, seam three, repeat from * across the needle.

3. *Seam three, knit three, repeat from * across the needle, widen one.

4. Knit two, * seam three, knit three, repeat from * across the needle.

Continue in this way, knitting two rows to look alike, then change, seaming what was plain, and knitting plain what was seamed, making one stitch at the end of each odd row, until you have knit seventeen rows, and have thirty-nine stitches.

18. Seam three, knit three, seam three, knit three. Pay no attention to the rest of the stitches.

19. Knit three, seam three, knit three, seam three.

Knit these twelve stitches back and forth, without increasing, twenty-six times, or through the forty-third row.

44. Knit three, seam three, knit three, seam three, cast on to the right hand needle twenty-seven stitches.

45. Take a third needle, * knit three, seam three, repeat from * across the needle, narrow the last two stitches.

46. Seam two, * knit three, seam three, repeat from * across the needle.

Knit in this way seventeen rows, narrowing at the end of every odd

row. There will then be thirty stitches on the needle. Bind off. You will now have the slipper part of the boot completed.

With the white wool knit across the needle that is left in the work, beginning at the heel, knit three, seam three, etc. With the same needle pick up seventeen stitches across the instep, and twenty-seven stitches on the other side.

1. Seam forty-three, seam two together. Do not knit the rest of the stitches.

2. Narrow, narrow, narrow, * thread over, knit one, * five times, thread over, narrow, narrow, narrow three stitches together. Turn the work.

3. Knit plain sixteen stitches, narrow.

4. Knit plain sixteen stitches, narrow.

5. Seam sixteen, seam two together.

6, 10, 14, and 18. Same as second row.

7, 11, 15, and 19. Same as third row.

8, 12, 16, and 20. Same as fourth row.

9, 13, and 17. Same as fifth row.

21. Seam thirty-four. In this row and each row following, there will be fifty-one stitches.

22. Narrow three times, * thread over, knit one * five times, thread over, narrow, narrow five times more, *thread over, knit one * five times, thread over, narrow, narrow five times more, * thread over, knit one * five times, thread over, narrow, narrow, narrow.

23 and 24. Knit plain. 25. Seam.

Repeat the twenty-second, twenty-third, twenty-fourth, and twenty-fifth rows ten times, then bind off.

The ninth and tenth times that you knit the twenty-second and twenty-third rows use the colored wool.

Join the boot on the wrong side, in such a way as to make the toe square. Run a narrow white ribbon around the lower row of shells in the ankle, and tie in a bow in front.

WORSTED BALL.

Use coarse steel needles. In knitting balls always cast on a number of stitches that can be divided by three. A medium-sized ball needs thirty stitches. After casting on thirty stitches, tie the bit that remains, and leave as a sort of "sign-board." This you may call "A," the opposite end call "B." Knit from A to B, leaving one stitch unknit; turn, knit toward A, leaving one stitch unknit; turn, knit toward B, at the end leave two stitches unknit, turn, knit toward A, leave two stitches; turn knit toward B, and leave three stitches; turn, knit toward A and leave

three stitches; turn, knit toward B and leave four stitches; turn, knit A and leave four stitches, and so on, until you have ten stitches unknit at B. Turn, knit the twenty stitches, thus reaching the end at A. Now you have thirty stitches as at first. Break off yarn, tie firmly to some contrasting color, and knit exactly as before. After you complete this section, knit another until you have seven, all in one piece. Bind off the last section, leaving yarn at end to sew ball together with. Close gradually, stuffing and shaping as you proceed.

I. — BASKET PATTERN FOR AFGHAN.

Cast on forty-eight stitches; knit once across plain. 1st row. Alternately seam seven, knit five. 2d row. Alternately seam five, knit seven. 3d row. Same as first row. 4th row. Same as second row. 5th row. Same as first row. 6th row. Alternately knit seven, seam five. 7th row. Alternately knit five. Seam seven. 8th row. Same as sixth row. 9th row. Same as seventh row. 10th row. Same as sixth row. Repeat from first row until your strip is of the desired length.

II. — ANOTHER BASKET PATTERN.

Cast on twenty stitches and knit across once plain. 1. One stitch plain, set the needle into the next stitch, and put the wool three times round the needle and knit it; repeat this to the end of the row, and knit the stitch left plain. 2. Knit one stitch plain, take off six without knitting, pass the three back ones over the other three, replace them on the left hand needle and knit them, proceed thus twice more and knit the last stitch plain. 4. Plain. 5. Plain. Commence again with the first row.

III. — CRAZY STITCH.

Make a chain the desired length, turn, into the four crochet four treble, three chain, one single crochet into same stitch, skip two stitches of the chain, four treble, three chain, one single into same stitch, repeat to end of row; turn into last hole formed by three chain, work four treble, three chain, one single.

KNITTED SKIRT.

This pattern takes from one and one-half to two skeins of Germantown yarn, knit on small sized wood or bone needles, two breadths, ninety-six stitches each.

1. Knit plain. 2. Knit seamed. 3. Knit plain. 4. Narrow, knit four, throw thread over, knit one, throw thread over, knit four, slip one, narrow, pass slip stitch over the narrowed one, knit four, throw thread over, knit one, throw thread over, knit four, slip one, narrow, pass slipped stitch over the narrowed one, etc. 5. Seam across. 6. Like the 4th row. 7. Seam across. 8. Like the 4th row. 9. Seam across. 10. Like the 4th row.

11. Knit plain. 12. Seam across. 13. Knit plain. 14. Repeat from fourth row until you have three of the pattern rows between four rows of the seams. Then knit two and seam two, thirty-six rows, or until long enough.

The back breadth, after the pattern rows, knit and seam one-half, and then the other, which leaves the opening.

EDGING.

I.

Cast on fifteen stitches. 1. Slip one, knit one, over four times, narrow, over, narrow to last stitch, knit one.

2. Slip one, knit twelve, purl one, knit one, purl one, knit two.

3 and 4. Plain knitting.

5. Slip one, knit one, over five times, narrow, knit one, over, narrow to last stitch, knit one.

6. Slip one, knit fifteen, purl one, knit one, purl one, knit three

7 and 8. Plain knitting.

9. Cast off seven, knit one, over four times, narrow to last stitch, knit one.

Then commence at second row and knit as before.

II. LEAF NORMANDY.

Cast on thirty-two stitches. Knit across plain.

1. Knit two, narrow, over, knit two, slip one, narrow, bind, knit two, over, knit one, over, knit two, slip one, narrow, bind, knit two, over, narrow, knit four, narrow, over, knit three, over, knit two.

2. Knit two, over, knit five, over, narrow, knit four, purl fifteen, knit three.

3. Knit four, over, knit one, slip one, narrow, bind, knit one, over, knit three, over, knit one, slip one, narrow, bind, knit one, over, knit four, narrow, over, knit one, narrow, over, knit one, over, narrow, knit one, over, knit two.

4. Knit two, over, knit one, narrow, over, knit three, over, narrow, knit one, over, narrow, knit three, purl thirteen, knit four.

5. Knit five, over, slip one, narrow, bind, over, knit five, over, slip one, narrow, bind, over, knit five, over, knit one, narrow, over, knit five, over, narrow, knit one, over, knit two.

6. Knit two, over, knit one, narrow, over, knit three, over, narrow, knit two, over, narrow, knit one, over, narrow, knit three, purl eleven, knit five.

7. Knit six, over, knit one, over, knit two, slip one, narrow, bind, knit two, over, knit one, over, knit six, over, narrow, knit one, over, narrow, knit three, narrow, over, knit one, narrow, over, knit one, narrow.

8. Bind off one, knit one, over, narrow, knit one, over, narrow, knit one, narrow, over, knit one, narrow, over, knit seven, purl eleven, knit six.

9. Knit four, narrow, over, knit three, over, knit one, slip one, narrow, bind, knit one, over, knit three, over, narrow, knit six, over, narrow, knit one, over, slip one, narrow, bind, over, knit one, narrow, knit one, narrow.

10. Knit two, over, narrow, knit three, narrow, over, knit eight, purl thirteen, knit five.

11. Knit three, narrow, over, knit five, over, slip one, narrow, bind, over, knit five, over, narrow, knit seven, over, narrow, knit one, narrow, over, knit three.

12. Bind off two, knit one, over, knit three together, over, knit seven, narrow, purl fifteen, knit four.

III.

Cast on seven stitches. Knit across plain. 1st row. Slip one, knit one, over, narrow, over, narrow, over, knit one. 2d row. Plain.

3d row. Slip one, knit two, over, narrow, over, narrow, over, knit one. 4th row plain.

5th row. Slip one, knit three, over, narrow, over, narrow, over, knit one. 6th row. Plain.

7th row. Slip one, knit four, over, narrow, over, narrow, knit one. 8th row. Plain. 9th row. Plain.

10th row. Cast off until there are but six stitches on left hand needle, making seven with the one on the right. Commence at first row.

IV. — INSERTION.

Cast on six stitches. 1st row. Knit one, narrow, thread over twice, narrow, knit one.

2d row. Knit three, seam one, knit two. Repeat these two rows till you have knit the required length.

V.— TORCHON LACE.

Cast on nine stitches. 1st row. Knit three, narrow, over, narrow, over, knit one, over, knit one. 2nd row, plain.

3d row. Knit two, narrow, over, narrow, over, knit three, over, knit one. 4th row, plain.

5th row. Knit one, narrow, over, narrow, over, knit five, over, knit one. 6th row, plain.

7th row. Knit three, over, narrow, over, narrow, knit one, narrow, over, narrow. 8th row, plain.

9th row. Knit four, over, narrow, over, narrow three together, over, narrow. 10th row, plain.

11th row. Knit five, over, narrow three together, over, narrow. 12th row, plain. Repeat from first row.

VI.— DIAMOND LACE.

Cast on twenty stitches and knit across plain. 1. Slip one, knit three, * over once, narrow, * ; repeat to * seven times.

2 and 3. Slip one, knit nineteen.

4. Needle through first stitch as for plain knitting, thread over eight times, bring through, repeat for the next fifteen stitches, knit four plain.

5. Slip one, knit three, now pull out the needle used in the fourth row, leaving sixteen long loops.

6, 7, 8, 9 and 10. Slip one, knit three.

11. Slip one, knit three, skip four loops, take up next four on the needle and knit plain. Then take up first four, passing them through those already knit. Proceed with the remaining eight loops in the same manner.

12. Knit across plain and begin again with first row.

This is very handsome made in white Saxony with fine needles.

VII. — LEAF EDGING.

Cast on twenty-six stitches. Knit across plain.

1. Knit two, over twice, purl two together, knit one, over, knit two, slip one, narrow, throw slipped stitch over, knit two, over, knit one, over, knit two, slip one, narrow, throw slipped stitch over, knit two, over, knit two, over, narrow, over twice, knit two.

2. Knit three, purl one, knit one, over, narrow, purl seventeen, over twice, purl two together, knit two.

3. Knit two, over twice, purl two together, knit two, over, knit one, slip one, narrow, throw slipped stitch over, knit one, over, knit three, over, knit one, over, knit three, over, narrow, knit four.

4. Knit five, over, narrow, purl seventeen, over twice, purl two together, knit two.

5. Knit two, over twice, purl two together, knit three, over, slip one, narrow, throw slipped stitch over, over, knit five, over, slip one, narrow, throw slipped stitch over, over, knit four, over, narrow, over twice, narrow, over twice, knit two.

6. Knit three, purl one, knit two, purl one, knit one, over, narrow, purl seventeen, over twice, purl two together, knit two.

7. Knit two, over twice, purl two together, narrow, knit two, over, knit one, over, knit two, slip one, narrow, throw slipped stitch over, knit two, over, knit one, over, knit two, slip one, knit one, throw slipped stitch over, knit one, over, narrow, knit seven.

8. Knit eight, over, narrow, purl seventeen, over twice, purl two together, knit two.

9. Knit two, over twice, purl two together, narrow, knit one, over, knit three, over, knit one, slip one, narrow, throw slipped stitch over, knit one, over, knit three, over, knit one, slip one, knit one, throw slipped stitch over, knit one, over, narrow, over twice, narrow, over twice, narrow, over twice, narrow, knit one.

10. Knit three, purl one, knit two, purl one, knit two, purl one, knit one, over, narrow, purl seventeen, over twice, purl two together, knit one.

11. Knit two, over twice, purl two together, narrow, over, knit five, over, slip one, narrow, throw slipped stitch over, over, knit five, over, slip one, knit one, throw slipped stitch over, knit one, over, narrow, knit ten.

12. Bind off eight stitches, knit two, over, narrow, purl seventeen, over twice, purl two together, knit two. Repeat.

VIII. — PRETTY LACE.

Cast on sixteen stitches. Knit across plain.

1. Slip one, knit one, purl five, over, purl two together, purl one, over, purl two together, over, purl two together, over, and purl the two stitches each one alone.

2. Slip one, knit three, over, narrow, knit three, leave the two stitches on the left hand needle, turn.

3. Purl five, over, purl two together, purl two, over, purl two together, over, purl two together, over, purl the two stitches each one by itself.

4. Slip one, knit ten, over, narrow, knit three, leave the two stitches on the left hand needle, turn.

5. Purl five, over, purl two together, purl three, over, purl two together, over, purl two together, over, purl each stitch alone.

6. Slip one, knit eleven, over, narrow, knit five.

7. Slip one, knit one, purl five, over, purl two together, purl four, over, purl two together, over, purl two together, over, purl each one of the stitches alone.

8. Slip one, knit twelve, over, narrow, knit three, turn and go back.

9. Purl five, over, purl two together, purl eleven.

10. Bind off four stitches, knit eight, over, narrow, knit five.

11. Slip one, knit six, over, narrow, knit one, over, narrow, over, narrow, over, knit two.

12. Slip one, purl nine, over, purl two together, purl three, turn and go back.

13. Knit five, over, narrow, knit two, over, narrow, over, narrow, over, knit two.

14. Slip one, purl ten, over, purl two together, purl three, purl and go back.

15. Knit five, over, narrow, knit three, over, narrow, over, narrow, over, knit two.

16. Slip one, purl eleven, over, purl two together, purl five.

17. Slip one, knit six, over, narrow, knit four, over, narrow, over, narrow, over, knit two.

18. Slip one, purl twelve, over, purl two together, purl three, turn and go back.

19. Knit five, over, narrow, knit one.

20. Bind off four stitches, purl eight, over, purl two together, purl five.

Repeat from first row.

IX.— SHELL LACE INSERTION.

Cast on fourteen stitches.

1. Knit two, over twice, narrow, over twice, narrow, over twice, knit three together, over twice, narrow, over twice, narrow, knit one.

2. Knit three, purl one, knit two, purl one, knit two, purl one, knit two, purl one, knit two, purl one, knit two,

3 and 4. Plain.

5. Knit two, over twice, narrow, over twice, narrow, knit two, narrow, knit two, narrow, over twice, narrow, over twice, knit two.

6. Knit three, purl one, knit two, purl one, knit eight, purl one, knit two, purl one, knit two.

7 and 8. Plain.

9. Knit two, over twice, narrow twice, knit nine, narrow twice, over twice, knit two.

10. Knit three, purl one, knit fourteen, purl one, knit two.

11. Plain.

12. Knit ten, slip three stitches over the first stitch on the right hand needle, then knit one and slip it back on to the left hand needle, and slip three stitches over it, now slip it back on the right hand needle and knit seven.

13. Knit seven, narrow, knit six.

14. Plain.

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WASTE OF INFANT LIFE.

By Dr. J. H. Hanaford.

There is a havoc among the babes, particularly in civilized life, perhaps, which would startle any community, if connected with the young of the domestic animals. While it is unnatural for the child to die before the parents, we may reasonably expect some exceptions, though it is perfectly astounding that so large a proportion of the human family should die in childhood. The following facts are suggestive of our fallen nature, and should startle us, leading to such investigations as will result in a much needed reform in the entire management of the young, who, at present, are not treated as humanely as are the young of the animals around us.

"Probably one-third of the human race have died in infancy; many of them by murderous hands, and many more from neglect, cruelty, or ignorance; but myriads of innocent children, whom Death has piled up in mountains of mortality as monuments of his reign, have been victims of disease which might have been averted by wholesome sanitary conditions, good medical treatment, and enlightened parental care."—*Cyrus Bucott.*

It is laid down by Quetelet that "a tenth of the children born die in the first month after birth, and one-quarter before the year is completed." In England the number of children that die under one year old is in the ratio of one to every twelve births, while in London alone it is one in eleven.

"In London, twenty per cent. or just a fifth of all the deaths in the year, are among infants of less than at welve-month old. Again, nearly forty-one per cent. of all the deaths are among children of less than five years old; and as children up to this age constitute about one-tenth part of the population of the city, it is manifest that they die at the rate of about ten per cent. In fact, in the western division of the city, the ratio is nearly fourteen. *It is this large mortality of children that swells the death rate.—London Times.*"

Liebig says, "It is no mistake, but a fact, that the usual farinaceous foods are the causes of most of the diseases, and of half the cases of death among all the babes, in the country as well as in all large towns."

Zimmermann says, "I know very well that millions of infants are fed with pap, but I know also that it has killed many hundreds of thousands of them."

Dr. Eustace Smith, author of "The Wasting Diseases of Infants and Children," and one of the best authorities on the treatment of infants,

says, "There is another class of cases where nutrition is equally unsatisfactory, although the supply of food, as food, is liberal enough. These cases occur where weaning is premature, or where the child has been brought up by hand, and the kind of food chosen to replace the natural nourishment is injudiciously selected, so that the limited digestive power of the child is unable to convert it into material necessary for the growth and development of the tissues. Here the diet substituted for the mother's milk, although nutritious enough in itself, yet supplies little nutriment to the infant. A child is not nourished in proportion to the bulk of the food he receives into his stomach. He is only nourished by the food he can digest. Weakness in a child otherwise healthy, while it shows a deficient degree of nutrition, and therefore calls for an increased supply of nourishment, yet at the same time calls for increased care in the selection of the *kind* of food. There is a difference between food and nourishment."

It is folly to suppose that simply feeding a child, cramming its stomach with food, wholesome or otherwise, is the equivalent of *nourishing* it, giving it health, strength, endurance, vitality, and preparing it to resist the attacks of disease. To nourish, food must be digested, changed to good blood, then wonderfully transformed into every part of the human body. The process of digestion, like any other labor, is exhausting, wasting vital force, which will account for the fact that some persons after having eaten a heavy meal just before retiring, which cannot be digested without great effort, are more fatigued in the morning than at night, the stomach having been severely taxed during the night, so much so as to rob the victim of needed sleep and rest. Indeed, it is possible to take masses of indigestible food, more or less nourishing, the effort to digest which will exhaust nearly or quite as much as such food would nourish, if properly digested. Eating too much, particularly of food difficult of digestion, may be as unfavorable to health, as wasteful of vital energies, as fasting, or an insufficient supply of food. We may nearly or quite starve from excessive eating, since the digestive organs may be reduced to such a state that they will be unable to dispose of sufficient food to sustain life.

The more prominent errors are, 1. Feeding too much. 2. Feeding too often. 3. Giving food entirely inappropriate to the infant stomach.

First, if we remember that the stomach, at birth, has only the capacity of about a gill, we shall see that only a small amount of food should be given at once, lest this organ shall become abnormally enlarged, deranged and its powers wasted, preparing the way for dyspepsia, in after years, with the whole train of digestive diseases, liver weaknesses, bowel

derangements, croup, diphtheria, etc. It is indeed fortunate that there is relief for the overloaded stomach, in vomiting, which the babe seems to do with more ease than the adult, the presence of improper food, or an excess securing relief with the prevention of more serious results. Secondly. As ordinary milk, the natural food for babes, is digested in little over two hours, and, as rest is absolutely necessary, as much so as for the brain, muscles, etc., feeding a babe once in three hours is deemed sufficient, allowing seven good meals each day, not as often during the night. Indeed, one meal during the night, four hours before the morning meal, which may be taken at six, will prove sufficient for ordinary babes, allowing the child and mother sound and refreshing sleep, a matter of great importance; particularly for the mother, who cannot secure too much sleep. Nor is this necessary for any great length of time, the babe not needing it after it is five months of age, if, indeed, it is needful for half of that time. If the babe is allowed to "constantly drag at the breast," during most of the night, both it and the mother must suffer, both needing more sleep and rest than they usually secure. A babe accustomed to one meal at night, will perhaps cry a few times, when not allowed it, but such crying never proves fatal, while improper feeding has slain its millions ! Indeed, crying, particularly in early infancy, is intended for exercise, that kind to be allowed. Hence, the folly of far too many mothers, who, when the babe cries, offer the breast, with no possible regard to the wants, to hunger, though the crying may have been caused by pain in the stomach or bowels, the results of false feeding. Babes often cry — their most expressive language — from thirst, when simple water is called for, and which should be often offered, as it can do no harm, only a little being taken, when there is no special thirst. Coldness, or too great heat, pain of any kind, the prick of a pin, etc., should never be regarded as hunger, never treated as such. But still more absurd, and usual, is the custom of putting the babe to the breast in the case of accident, an injury, to arrest the crying, which should not be arrested, as it affords relief. Particularly is this custom absurd and dangerous when the injury is connected with the head, when the brain has received a concussion, just to that extent impairing digestion. We should be convinced of this by the fact that such accidents almost always produce vomiting, thus showing that the stomach needs rest, that the vital and recuperative forces should be in no sense taxed, but allowed to concentrate all their powers, doing their very best to counteract the effects of the injury. Food taken at such times not only cannot be digested, but must confuse and derange, sadly interfering with nature's recuperative offices, since no food can digest while the system is in an excited state, needing every force to aid

in the removal of the results of the injury. Instead, when the head has been severely jarred, it should be wrapped in several thicknesses of wet cloths, slightly covered with dry ones, the babe allowed to rest in every respect to fast, and to sleep as long as nature suggests, so long as such sleep seems refreshing.

The use of improper foods is still another evil, if possible the source of more serious harm. To understand the full import of this, let it be remembered that, since the mother's milk, the natural food of the babe, contains no starch, there is no occasion for that product called *diastase*, in the saliva, which digests starch, changing it to grape sugar, in the process of digestion, as nature furnishes nothing of this kind when it is not needed. While this is in the saliva of the adult, always, it is not found in that of the babe till about the time of the appearance of several teeth, which indicates the impropriety of using any form of solid food, such as may contain starch, as the grains, the potato, beans, peas, arrow-root, etc. Of course, without this digestive ferment, many of the articles of food given to babes is undigested, remaining in the stomach and bowels as irritants, fermenting, rotting, contaminating the whole body. This is much aggravated when these foods are rendered still more difficult of digestion by false methods of cooking, combining the grain product with grease and the irritating condiments, the worst of these articles being lard, almost putrescent,—in this way preparing food, if food it may be called, which even adults with good digestive powers cannot long use, to any great extent, without becoming more or less dyspeptic. It is very plain that babes, with weak digestive powers, cannot digest such rich pastry, even if supplied with the diastase in their saliva for that purpose. The use of rice, therefore, very easy of digestion in the adult stomach, must be condemned as food for the babe, simply because it is rich in starch — nearly all starch — which cannot be digested without the aid of this diastase.

The same remark applies, on account of the presence of starch, to arrow-root — still more starchy, the common potato, white bread, all of the products of fine flour, corn starch, tapioca, sago, and similar articles, even when prepared in the most simple manner. Of course, infants fed in this way cannot thrive, but will be the victims of various forms of bowel derangement, including *Cholera Infantum*, such undigested food irritating the coats of the stomach and bowels, nature throwing of the offending mass of putrefying refuse in the most direct way, attended more or less by inflammation and disease, the bowels becoming diseased by continued abuse. What can be done to avert these well known evils? More knowledge is demanded, that young mothers may better understand

what diet is needed for the babe, under the varied circumstances in which it is placed. Indeed, the mother needs to be trained, prepared for her very responsible position, as certainly as does the dressmaker, the teacher, the clergyman, the physician, since very few persons can occupy a more responsible position. No one would employ a milliner who knows nothing of her business, yet the spoiling of a bonnet is in no sense comparable with ruining the health and constitution of a babe, by wrong habits of feeding.

A mother should understand, 1, The relative values of the different foods, 2, Their time of digestion, 3, Those appropriate for babes, knowledge which is as easily obtained as much with which too many of the minds of the young are stored. It is unquestionably true that the milk of the mother, if one is in health, is the natural food of her babe, and that it is her duty to nurse her child if both thrive, as certainly as it is to educate such a child, at home and in the schools. That is indeed a false pride, an erroneous idea of the design of mortal life, or of the duties of maternity, with its sacred privileges which induces one to shrink from, or to disdain to funish natural food for the pledge of conjugal affection. She is unworthy of the position of a mother who is *unwilling* to nurse her infant. But there are circumstances in which it is not wise for a mother to nurse her child ; as when it does not thrive, when it is plain that it does not receive the necessary nourishment, or when the mother is too much exhausted and it is evident that her health is being impaired. In such a case, it is plain that it is the duty to wean it, substituting some other food. The choice will generally be between the usual food of the table, some preparation of milk, or the artificial foods in the market. In regard to those of the table, I will simply say, so far as the babes are concerned, away with the sponge cake, the pies, the custard cups, the doughnuts, all articles in which lard enters, the potato and other starchy foods, for none are fit for the babe.

It must also be remembered that common milk differs widely from that of the human mother, cow's milk being very much richer in caseine— quite difficult of digestion — more nourishing, stronger and while it is lacking in the sweetness, in contrast with that of the mother.

The following table shows the comparative proportions of the component parts of woman's and cow's milk:—

	Woman's.	Cow's.
Water . . .	889.08	864.06
Sugar . . .	43.64	38.03
Casein . . .	39.24	55.15
Butter . . .	26.66	36.12
Salts . . .	1.38	6.64
	1,000.00	1,000.00

It will be seen, by reference to the table, that cow's milk contains an excess of butter and casein over woman's milk, and at the same time a smaller proportion of sugar.

If cow's milk be diluted with water so that the proportion of butter and casein will more nearly correspond with that of woman's milk, then the proportion of sugar becomes still less.

Sugar is necessary for the production of bodily heat, the proper functions of the respiratory organs, the suitable constitution of the blood and its circulation; and since children are incapable of obtaining it from starch, it must be otherwise supplied.

Of the several "Infant Foods" in the market, I must give the decided preference to MELLIN'S FOOD FOR INFANTS AND INVALIDS, after years of careful observation of its use and effects.

It is scientifically prepared, as a substitute for the human mother's milk, and is worthy of universal approbation, is sufficiently nourishing for any babe, easy of digestion, bland, palateable — all that we can reasonably desire. It will be seen by the table that the mother's milk is sweeter than cow's milk, this sweetness to sustain the warmth and fatten; the grape sugar in this excellent food is a substitute for that in the mother's milk. While it is known that the bran of the grains contains a large per cent. of the phosphates, these are combined with the "Food," made soluble and assimilable by a peculiar process, very materially aiding in the growth and development of the child. The starch has been transformed into dextrine and grape-sugar, by the diastase of the malt, the process being identical with that of digestion, in which the diastase of the saliva performs the same work. I am firmly of the opinion that the general use of this unsurpassed food would very materially diminish the sad waste of infant life of the present day, greatly lightening the cares and labors of the mothers and those who have the principal care of the sick.

I confidently recommend its use in most forms of sickness — if any food is needed — particularly in *Cholera Infantum*, when ordinary food generally proves so irritating as to much aggravate the disease. In such cases it is desirable to omit the milk — which requires digestion, substituting water, or barley-water, thus avoiding all irritants, beside allowing needed rest to the digestive organs. In substituting water we eliminate the cheese element, which so often proves too much for the debilitated infant stomach, often causing vomiting, with serious derangements of the bowels.

By observing the teachings of physiology and experience, MELLIN'S FOOD has been successfully prepared; and thousands of mothers, as well

as the scientifically advanced members of the medical professior by this time entirely abandoned the old-fashioned farinaceous foods, and availing themselves of MELLIN'S are giving health and robust constitutions to their children and their patients.

ANALYSIS OF MELLIN'S FOOD.

LABORATORY, 7 SOUTH SQUARE, GRAY'S INN,
LONDON, W. C., June 27, 1874.

Sir: — In accordance with your letter of the 16th, I have carefully analyzed your "Food for Infants." Previous to mixing it with warm water and milk, I find it contains: —

Moisture	3.2
Grape Sugar	26.4
Dextrine and Sugar-forming matters . . .	45.3
Nitrogenous matters	16.1
Mineral Salts containing 0.47 per cent. Phosphoric Acid	2.6
Residue insoluble in water	6.4
	100.0

Every trace of starch had been either converted into grape-sugar, estimated by Fehling's copper test, or into matter readily transformable on the addition of warm milk and water. Half an hour after the "Food" had been mixed as directed, the percentage of grape-sugar rose to 38.5, and would, no doubt, have proceeded until the whole 71.7 had so changed by allowing longer time. This action is precisely what is required to render *food suitable to young infants.* The large amount of protein and soluble phosphates indicates *flesh and bone forming nutriment of the highest type*, while the extremely low percentage of residue insoluble in water, and the total absence of starch entirely obviate the objections to other foods for infants previous to dentition.

I am faithfully yours,

MR. G. MELLIN. H. C. BARTLETT, PH. D., F.C.S.

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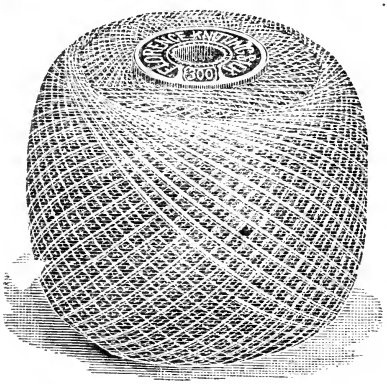

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